## WHITE OAK SENIOR CENTER

## **May 2023**

Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners						
Mon	Tue	Wed	Thu	Fri		
Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin W/Julienne 11:30am -1pm Senior Volleyball Dpen Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema pm-2pm West African Dance Class w/Krystal 1pm-2pm Seated Yoga W/Regine	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-12pm Pinochle w/Mr. Kelly 10am-11am Senior Planet Education Sessions: Messaging Apps 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-10:30am Morning Chat & Chew *9:30am-1:30pm Kensington Club* 11am-12pm Arts for the Aging Program 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11am Senior Planet Education Sessions: Messaging Apps Tech Talk 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Perso & Zoom. Beginner's Welcome)  9:15am-10:15am Yoga for All w/Edgar  10:30AM-12PM Low Impact Exercise Vide 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Fo Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)		

## 1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Music. Movement & More Staying Fit & Having Fun Intellectually Speaking **Fun & Games Creative Corner** At the Movies **Healing Hearts By Community Partners** Mon Tue Thu Fri Wed 9 10 12 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold w/Amv 139am-10am Tai Chi (In Zoom. Beginner's Welcome) Person & Zoom Beginner's Zoom Beginner's Welcome) \*9am-12pm\* CASSA w/Amy 10am-11am Brain Games 9:30am-1:30pm Kensington Club Welcome) 10am-12pm Spiritual Support Programs 10am-11am Gentle Spin 9:30am-10:30am Morning 9:15am-10:15am Yoga 10am-11am Fitness Center 10am-11am Soul Line Dance Chat & Chew for All w/Edgar w/Julienne **Awareness** w/Peytrienne 10am-11am Senior Planet 1pm-2pm Bingo Blast 9:30am-11:30am Dollar 11:30am -1pm Senior Volleyball 10am-11am Senior Planet **Education Sessions: Digitable** Open Play (Espanol) Education Sessions: Google Doc Tree/Aldi Trip Age Job Searching 12:30 - 3:30pm Social Bridge Resumes 10:30AM-12PAM Low 10am-12pm Pinochle w/Mr. Kelly 12:30pm – 2pm Afternoon 10am-11:15am Memory Café 10:30am-11:30am 55+ Ballet Impact Exercise Video Cinema w/The Alzheimer Association Ν G O Basics 12:30pm-3:30pm American 1pm-2pm Seated Yoga 10:30AM-12PM Low Impact 10:30am-12pm Dancing Mah Jongg w/Regine EI Las **Exercise Video** 1pm-2pm Integral Tai w/Mina agua ceias 10am-12pm Pickleball 1pm-2pm Bingo Blast El té Gratis! Huerto Chi Class w/JJ 12pm-1pm Mother's Day Music 1pm-3pm Chinese Folk Dance La El EI 1:30pm-3:30pm Chinese Folk w/Mr. Ware 2pm-3pm Tai Chi (In Person Dance 12pm-4pm Bid Whist Beginner's Welcome) pollo 12:45pm-1:45pm Super Power 6pm-9pm Soul Line Dance Circle w/Jane Dance Party 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person & Beginner's Welcome)

## 1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Music, Movement & More Staying Fit & Having Fun Intellectually Speaking **Fun & Games Creative Corner** At the Movies **Healing Hearts By Community Partners** Mon Tue Thu Fri Wed 15 16 9am – 10am Tai Chi (In Person & 9am-10am Tai Chi (In Person & 9am-10am Tai Chi (In Person 9am-10am Zumba Gold 9am-10am Zumba Gold Zoom. Beginner's Welcome) Zoom Beginner's Welcome) & Zoom Beginner's w/Amv w/Amv 10am-11am Brain Games 10am-10:30am Brain Games/Trivia Welcome) 10am-11am Fitness Center \*9am-12pm\* CASSA 10am-11am Gentle Spin 9:30am-1:30pm Kensington Club 9:15am-10:15am Yoga **Awareness** 10am-1pm Fashion Show & Lunch | Programs w/Julienne for All w/Edgar 10am-12pm Pinochle w/Mr. Kelly @ Long Branch Senior Center 10am-12pm Pickleball 11:30am -1pm Senior Volleyball 10am Coffee & 9:30am-11:30am Amish 1pm-2pm Bingo Blast Open Play 10am-11am Soul Line Conversations w/Nancv 12:30 - 3:30pm Social Bridge Market Trip (Espanol) Dance w/Peytrienne 10am-12pm Spiritual Support 12:30pm – 2pm Afternoon 10:30AM-12PAM Low 10am-11:15am Senior Planet 10am-11am Fitness Center Cinema **Education Sessions: Chrome** Impact Exercise Video Awareness 1pm-2pm Seated Yoga **Essentials** 10am-11:15am Senior Planet 12:30pm-3:30pm American w/Regine 10:30AM-12PM Low Impact Mah Jongg **Education Sessions: Chrome** Essentiials **Exercise Video** 1pm-2pm Integral Tai 10:30am-11:30am 55+ Ballet 12pm-4pm Bid Whist Chi Class w/JJ Basics 12:45pm-1:45pm Super Power 1:30pm-3:30pm Chinese Folk **10:**30**am-12**pm Dancing Dance Circle w/Jane Dance 1pm -2pm Spanish Conversation 2pm-3:15 Soul Line Dance w/Mina

1pm-2pm Bingo Blast

1pm-3pm Chinese Folk Dance

2pm-3pm All Good Tai Chi(In

Person Beginner's Welcome)

Group

Welcome)

2pm-3pm Tai Chi (In

Person Beginner's

w/Peytrienne (Zoom)

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line							
Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners							
Mon	Tue	Wed	Thu	Fri			
9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm-2pm Seated Yoga w/Regine	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)	Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 10am-11am Who Am I? 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:45am-1pm Brunch Bunch: Cracker Barrel 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)			
Center Closed  MEMORIAL DAY  REMEMBER AND HONOR	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-10:30am Brain Games/Trivia 9:30am-1:30pm Kensington Club 1pm-2pm Bingo Blast (Espanol)	Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montg omerycountymd.gov Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant	*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.			